

## STRETCHING EXERCISER

### ABSTRACT OF THE DISCLOSURE

A stretching exerciser includes a seat bar supported on a collapsible spring bar at a base in a backwardly tilted position. A back cushion is pivotally fastened with

5 a top end of the seat bar and forwardly backwardly turnable relative to the seat bar. The back cushion is closely attached to the seat bar due to the effect of the gravity weight when receiving no external force. A seat is pivoted to the seat bar. An axle is adjustably mounted on a front side of seat bar to selectively support the seat between two elevational positions.